

## Full Report (All Nutrients) 45107021, ZATARAIN'S, FISH FRI, CRISPY SOUTHERN SEAFOOD BREADING MIX, UPC: 071429026452

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**Report Date: June 09, 2017 10:59 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 17g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	60	353
Protein	g	--	--	1.00	5.88
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	12.00	70.59
<b>Minerals</b>					
Sodium, Na	mg	--	--	630	3706
<b>Vitamins</b>					
Vitamin A, IU	IU	--	--	100	588

### Lipids

### Amino Acids

### Other

### Ingredients

ENRICHED YELLOW CORN MEAL (CORN MEAL, IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES (INCLUDING RED PEPPER), CITRIC ACID, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, CORN MALTODEXTRIN, ONION, LEMON PUREE, AND LEMON JUICE. *Date Last Updated by Company: 05/16/2016*